Happy Wednesday and welcome to the June Wellness Wednesday Newsletter. This monthly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Please click the links for resources and information. Also, please submit your concerns and ideas to: The Wellness Committee.

**Perspectives on Race**

- Prioritizing Physician Mental Health
- Emory Professor of Medicine Dr. Manning’s The Nod. Perspective in the time of COVID
- ACOG, In Solidarity message
- SMFM racism statement
- AMA warns against xenophobia, racism
- AMA Police brutality must stop
- NMA Calls for Comprehensive Reform

For more personal perspectives follow #MedTwitter, watch Bryetta and read opinion Your Black Colleagues Aren’t Okay

**Emory Updates**

Emory Solidarity Vigil June 5 at 4 pm

Emory Lifestyle and Medicine Wellness offers a 5-pillar whole-body approach to wellness

The Whole Health Cure Podcast by Dr. Bergquist

**Social Media Mental Health Tips**

1. Control your feed
2. Monitor your screen time and set limits
3. Set self-care goals
4. Find time for daily meditation
5. Take a social media break
6. Subscribe to positive podcasts
7. Ask for help when you need it

**Healing**

Through Education

Yale’s free The Science of Well Being Course

Emory's Compassion Training

Through Meditation

Deepak Chopra’s Creating Abundance 21 Day Challenge

Calm & Headspace

“Reduce stress with a simple 4-7-8 breathing technique. Inhale for a count of four, hold it for a count of seven, and exhale for a count of eight. Repeat and re-energize!”

**Kudos!!!**

- Congratulations to our outgoing chief residents, Drs. Hattink, Robertson and Rondon, and incoming chief residents, Drs. Kellerhals, Krishna and Vuncannon!
- Kinsey McMurtry and Leslie Brown For all their tireless work behind the scenes ensuring that our Department continues to work! Thank you so much!

Submit kudos to members of the GYN/OB Department here
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<tr>
<th>Organization</th>
<th>Highlights</th>
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<td>Showing up for Racial Justice</td>
<td>Resources for promoting racial justice</td>
<td>showingupforracialjustice.org</td>
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<td>The Southern Poverty Law Center</td>
<td>Teaching Tolerance curriculum for schools</td>
<td>Splcenter.org</td>
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<td>The Anti-Defamation League</td>
<td>No Place For Hate curriculum</td>
<td>ADL.org</td>
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<td>The American Civil Liberties Union</td>
<td>Racial Justice Program</td>
<td><a href="https://www.aclu.org/issues/racial-justice">https://www.aclu.org/issues/racial-justice</a></td>
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<tr>
<td>Black Lives Matter</td>
<td>Racial Justice Organization</td>
<td>Blacklivesmatter.com</td>
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<th>Suggested Books</th>
<th>Brief Description</th>
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<tr>
<td>This Book is Anti-Racist by Tiffany Jewell</td>
<td>Ages 8+. A quick and easy read that helps explore the definition and origins of racism and how to be an anti-racist</td>
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<td>It’s Trevor Noah: Born a Crime: (Adapted for Young Readers) by Trevor Noah</td>
<td>Ages 10+. He also has an adult memoir, Born a Crime: Stories from a South African Childhood.</td>
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<tr>
<td>How to be an Anti-Racist and Stamped from the Beginning by Ibram X. Kendi, PhD.</td>
<td>Both excellent books about the origins of racism and the proactive things we can do to combat it</td>
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<td>White Fragility: Why It’s So Hard for White People to Talk About Racism by Robin DeAngelo</td>
<td>Discusses unconscious bias and intentional racism, by Caucasians when challenged to address their own racism.</td>
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WE ARE IN THIS TOGETHER